Names	3 ball flash	6 catches	10 catches	50 catches	Over the top	Half shower	Outside pattern	2 in 1 hand	Bounce Off Knee	Under the Leg	Behind the Back	2 and 1 Pattern	Fake 2 and 1	Roll Off Head	Partner Juggle	Cross Handed	The Claw	3 Up Clap	1 Up Pirouette	4 ball flash

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Names

How to use your progress chart

To help observe and reward the progress of your students I've prepared a progress chart. You can download and print these pages or make a colorful poster sized chart. Fill in the names of your students in the blanks on the left and put it where the whole class can see to encourage setting goals and practicing. As they accomplish each step fill in the appropriate square with a date, star, or sticker. In time you'll see who may need more help or motivation and who can help others along.

The tricks can be learned in any order. As your students learn or invent new tricks you may fill those into the blank progress chart to help encourage experimentation and sharing.

Here's what you need to accomplish to get credit for each trick:

3 ball flash: Three throws and catches in the cascade pattern
6 catches: 6 or more catches of a cascade and stop without dropping
10 catches: 10 or more catches of a cascade and stop without dropping
50 catches: 50 or more catches of a cascade and stop without dropping

One Throw Tricks:
These are tricks you do during a normal cascade. Juggle 3 balls for at least 6 catches, do the trick once, and keep juggling for at least 6 more catches.

Over the top
Bounce off Knee
Under the Leg
Behind the Back
Roll Off Head
Three Up Clap
One Up Pirouette

Pattern tricks:
These are continuous patterns. For these to count you need at least 6 catches. You can either start juggling with the pattern or do a transition from a cascade or any other pattern.

Half Shower
Outside pattern
2 in 1 Hand
2 and 1 Pattern
Fake 2 and 1
Partner Juggle
Cross Handed
The Claw

4 Ball Flash
Throw and catch 4 balls either in a simultaneous (pairs) or alternating pattern

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